

# Stuttgart organization helps runners, walkers make sure the shoe fits

## *Injury Prevention Working Group holds shoe clinic*

Story and photo by Mildred Green

Community members from the 6th Area Support Group put their shoes to the test during the Injury Prevention Working Group's first shoe clinic Dec. 4 in the Patch Barracks Fitness Center.

Participants walked barefoot from station to station to have their feet – along with their running or walking shoes – analyzed by experts from the Patch Fitness Center, Stuttgart Health Clinic and Stuttgart Wellness Center.

All three organizations joined together in this effort to provide injury prevention awareness.

"A lot of problems can be caused by wearing the wrong footwear," said John Tortorelli, Stuttgart Health Clinic physical therapist. He added that many of those problems could be prevented.

### **Overwhelming response**

The clinic, which took individuals by appointment only, had an overwhelming response, said Michelle Saylor, Stuttgart Wellness Center health promotion coordinator.

Not only did the appointments fill up the same day the clinic was announced, but people even signed up for a waiting list.

Saylor said that the group received a lot of positive feedback from participants.

"This is a fabulous clinic," said Maj. Rick Lamarre. He said he believed this type of clinic should be mandatory so that people could learn more about themselves and prevent injuries.

### **Shoe analysis**

During the clinic, participants took turns going to four stations.

At the first station, imprints of the participants' feet were taken to determine their natural structure.

Next, a "gait analysis" was administered, which involved having participant's feet videotaped while they ran or walked on a treadmill barefoot.

### **Area organization dedicated to injury prevention**

Helping military personnel reduce injuries related to physical activity is the focus of the newly-developed Injury Prevention Working Group in Stuttgart.

They plan to hold clinics quarterly to focus on different types of preventable injuries.

Since the majority of non-battle injuries come from sports – with running at the top of the list – the Injury Prevention Working Group wants to help keep the military safe, said Michelle Saylor, Working Group member and Stuttgart Wellness Center, health promotion coordinator.

"We want to provide awareness and inform the community on how to take steps to avoid injuries," added Saylor.

The clinics are open to everyone, but military personnel have priority. – Mildred Green

Participants were recorded for one minute from the front and one minute from the back, with the camera focused on their feet and ankles.

At the third station, Tortorelli watched the tape along with the participant and reviewed his or her running or walking style. He then gave each participant advice on the type of shoe and stretches that would be beneficial.

Tortorelli's assistants from the clinic, Sgt. Maria Mejia and Sgt. 1st Class Bruce Lewis, staffed the last station and talked to participants about their shoes, recommending the type that would best suit their needs.

Information tables set up at the clinic included explanations of footwear guidelines, different types of running injuries and even different lacing techniques.

Another shoe clinic is planned for January. Registration dates have yet to be determined.



Maj. Greg Doubek runs barefoot on a treadmill for a gait analysis during the Injury Prevention Working Group's shoe clinic, held Dec. 4 in the Patch Fitness Center.

### **Central Texas College returns**

Central Texas College has returned to Stuttgart after a five-year absence.

They offer a variety of associate degree programs, including Criminal Justice, Legal Assistant, Early Childhood Professional, as well as online distance learning opportunities.

Registration for the third term is Jan. 5 to 16.

Classes are available to all I.D. cardholders and are tailored to military personnel and other

professionals who work full-time. Most classes are held in the evenings or on weekends for eight weeks.

Tuition fees are often negligible due to the many tuition assistant programs offered through CTC.

For more information call 431-2580/civ. 07031-15-580 or visit the Education Center on Panzer Kaserne, building 2948.

## *Jump into fitness in the New Year*

### **Fit for Life**

The Fit for Life program will help increase fitness levels and promote competitive spirit between units. Participants will track miles and minutes of aerobic exercise; prizes will be awarded to those who achieve certain goals.

The program runs for 45 weeks. Registration is Jan. 1 to 31.

For more information call 430-5386/civ. 0711-680-5386.

### **Tobacco Cessation class**

Jan. 6 to Feb. 10. Get self-help tools and support for quitting tobacco. To register call 430-8209/civ. 0711-680-8209.

### **Core Weight Management**

Wednesdays, noon to 1 p.m., Jan 14 to Feb. 18. For details call 430-4073/civ. 0711-680-4073.

